

# Helpful Resources

## **Helpful Resources**

### **Addiction**

Action on Smoking and Health  
Offers information on the health risk of smoking.  
<http://www.ash.org/>

### Addiction Resources

A comprehensive list of addiction treatment facilities.  
<http://www.addictionresourceguide.com/>

### Al-Anon

A recovery program for family and friends of alcoholics.  
<http://www.al-anon.org/>

### Alcoholics Anonymous

Determine if AA might be helpful.  
<http://www.alcoholics-anonymous.org/>

### Body Image

Body image problems that are at the root of eating disorders.  
<http://www.gwu.edu/~cade/bodyimage.htm>

### DrugNet

Dedicated to treating and preventing drug abuse.  
<http://www.drugnet.net/>

### Marijuana Anonymous

Learn the facts about marijuana addiction.  
<http://www.marijuana-anonymous.org/>

### Web of Addictions

Provides information about alcohol and other addictions.  
<http://www.well.com/user/woa/>

### **Children**

#### Childhelp USA

Meeting the needs of abused and neglected children.  
<http://www.childhelpusa.org/>

### Dr. Spock

Pediatrician offers advice on raising children.  
<http://www.drspock.com/>

### United Mothers Org.

Safeguarding children both online and off.  
<http://www.soc-um.org/>

### **Depression & Stress**

#### Depression Alliance

Information on depression and its treatment.  
<http://www.depressionalliance.org/>

### Directory

Award-winning list of sites on stress and coping.  
<http://web.inter.nl.net/hcc/t.compermolle/stresscat.htm>

### Stress Mgt & Emotional Wellness

Nature and causes of stress with online stress assessment.  
<http://www.less-stress.com/>

### **Domestic Abuse**

# Emergency Information

## **Marital and Date Rape**

Education and assistance for victims of rape.  
<http://www.members.aol.com/ncmdv/>

## **Victim Services**

Local referrals for victims of domestic violence.  
<http://www.dvsheltonr.org/>

## **Employment**

### **JobStar**

Excellent career guidance.  
<http://jobsmart.org/tools/career/spec-car.htm>

### **Monster.com**

Daily emails to match your job search.  
<http://www.monster.com/>

## **Financial**

### **About Credit**

Credit management and personal finance.  
<http://credit.about.com/>

### **About Frugality**

Lots of tips on trimming expenses and living on less.  
<http://frugalliving.com/>

### **Bankruptcy FAQ**

Find answers to the most common questions about bankruptcy.  
<http://www.swiggartagin.com/bkfaq/>

### **Debt Management**

Free debt counseling through a nonprofit agency.  
<http://center4debtmanagement.com/>

### **iVillage: Personal Finance**

Finance, debt and tax advice for women.  
<http://www.ivillage.com/money/>

### **Motley Fool**

Excellent investment tips and advice.  
<http://www.fool.com/>

## **Health & Nutrition**

### **American Dietetic Assoc**

Information to promote good nutrition.  
<http://www.eatright.org/>

### **American Heart Assoc**

Better food habits to reduce the risk of heart attack.  
<http://www.americanheart.org/>

### **Fitness Online**

Wealth of information on health and fitness.  
<http://www.fitnessonline.com/>

### **Health on Oxygen**

Articles on diet, fitness and health.  
<http://www.oxygen.com/health/>

### **Shape Up America**

Safe weight and fitness programs for everyone.  
<http://www.shapeup.org>

# Expertly informed

## Men's Issues

### Men Stuff

Excellent site for men's issues, including sexuality.  
<http://www.menstuff.org/>

### Men's Health

Guides to men's health and lifestyle issues.  
<http://www.plainsense.com/health/mens/>

## Parenting & Pregnancy

### CareGuide

Provides child and elder-care information.  
<http://www.careguide.net/>

### ePregnancy.com

From before pregnancy to after birth.  
<http://www.epregnancy.com>

### FamilyFusion

Everything you need to know to succeed as a stepparent.  
<http://www.familyfusion.com>

### Moms at Home

Best of the Net Award for stay-at-home parents.  
<http://momsathome.ca>

### National Parenting Center

Foremost parenting information service guide.  
<http://www.npc.com/>

### Oxygen: Infertility

Learn about infertility and its impact on relationships.  
<http://www.oxygen.com/family/issues/infertility/>

### Parenting Teens

Expert helpful advice  
<http://parentingteens.about.com/mbody.htm>

### Single and Custodial Fathers

For single or remarried fathers with custodial care.  
<http://www.scfn.org/>

### Single Parents World

Issues on child support, parenting and dating.  
<http://parentsworld.com/>

## Religion & Philosophy

### Religion

Links to religion and philosophy web sites  
<http://www.chowan.edu/acadp/religion/websites.htm>

## Retirement

### AARP WebPlace

One of the best advocates of senior rights.  
<http://www.aarp.org/>

## Self-Improvement

### Deepak Chopra

A site for those seeking self-improvement.  
<http://www.chopra.com/>

# Family

**John Gray**  
Feedback on what is holding you back from total success.  
<http://www.marsvenus.com/>

**Successories.com**  
Helping individuals realize their full potential.  
<http://www.successories.com/>

**Separation & Divorce**  
Child Support Law  
Get help with a legal claim or problem in family law.  
<http://freeadvice.com/law/547us.htm>

**Conflict Research Consortium**  
Excellent conflict resolution and mediation site.  
<http://www.colorado.edu/conflict/>

**DivorceNet**  
Information and FAQs regarding divorce and family law.  
<http://www.divorcenet.com/>

**Sexuality**  
Dr. Ruth Online  
Ask Dr. Ruth your own questions about sex.  
<http://www.drruth.com/>

**Impotence Specialists**  
Read FAQs or post a question for a doctor online.  
<http://www.impotencespecialists.com>

**Oxygen's Relationships and Sex**  
Topics about sexuality.  
<http://www.oxygen.com/sex>

**Sexual Health InfoCenter**  
Everything related to human sexuality.  
<http://www.sexhealth.org/>

**Sexuality.org**  
Designed to educate and inform about sexuality issues.  
<http://www.sexuality.org/>

**Weddings**  
Weddings for the Real World  
A complete wedding resource.  
<http://www.theknot.com>

**Women's Issues**  
Business Women's Network  
Emphasis on women's business ownership  
<http://www.bnwi.com/>

**iVillage: The Women's Network**  
All subjects of interest to women.  
<http://www.ivillage.com/>